

A Page of Interest for Milady

DO YOU UNDERVALUE NATURE'S PRIME RESTORER?

HOW TO WRITE A LETTER

BY LUCILLE DAUDET.

EVERY woman really wants to write letters to a dear friend, telling in new fashion all the week's or month's family events. She knows that the other woman will overlook mussy paper, blunders in spelling and poor penmanship. How little letter-writing appeals, however, when the business matter calls for a written adjustment, or the formal invitation must be answered immediately.

It is not quite fair that friends should get our worst efforts and strangers our best; and it need not be because letters, especially informal ones, are very simple, after all, and only a few important details must be kept in mind.

First of all, be careful of your choice of letter paper. If it is white, plain, unruled and unperfumed it is always in good taste. Correspondence cards are useful also; but it must be borne in mind that they are not intended for lengthy letters, but only for notes for which one card will suffice.

Delicate colors are used generally nowadays, and faint perfume is permissible. The paper may be plain or monogrammed; or again, it may have the address engraved at the top.

Mourning stationery makes use of black edge matching in width that used on the visiting card.

Postal cards are perfectly proper when used for making appointments, announcing a meeting or forwarding an address, and should be signed with only the surname written out. It is a mistake, however, to publish family history and extremely personal news to the world in general by means of the postal card.

Every letter may be divided into six parts. The first part, the heading, consists of your address and the date on which you are writing, the address to come first, whether it takes up one or two lines, and the date following. They may both be put on the same line, if it is possible, and must be written on the right side of the page.

233 Main Street
Merrion, Ohio.
April 6, 1916.

The salutation is next important. In a business letter this consists of the name and address of the person to whom you are writing as well as the salutation, and is put at the left of the page.

Messrs. D. C. Stokes & Co.,
Alexandria, Va.

In a personal letter the address is not necessary. If used it is put with the full name of the person in two or three lines at the bottom of the letter on the left side of the page. The salutation may be "Dear Henry," or "My dear Mr. Williams." The latter style is more formal than the first. A comma is used except in a business letter, when a colon is substituted.

The body of the letter is the message itself. It should be written in paragraphs, one for each thought. A half-inch margin is observed at the left side of the paper and an inch or two at the top. Write on the paper in the exact order that the sheets come, beginning by holding the fold at your left and the edges at your right. If only two pages are needed, the first and third may be used. Do not turn your paper around to write on sheet crosswise; and, above all, do not end your letter by writing in tiny letters all round the margin. What is even worse is to write crosswise over the already covered sheets. In business correspondence plain sheets, written on one side, are good. Do not use abbreviations in your letter and be careful of punctuation.

The closing of the letter may be "Very truly yours," or "Sincerely yours," in a business letter, or "Yours cordially," or "Yours, with love," in a personal letter.

In a personal letter the signature may be only the first name. In a business communication, where it is not necessary to know her maiden name, a married woman may sign her husband's initials as "Mrs. A. J. Brady." Where she thinks that her maiden name may not be known she signs "Alice T. Brady" and writes the proper form below the signature at the left of the page.

Informal letters are written in the first person. Notes of condolence, congratulatory invitations for small affairs come under this head:

16 Spring
Long Island, N. Y.
April 8, 1916.

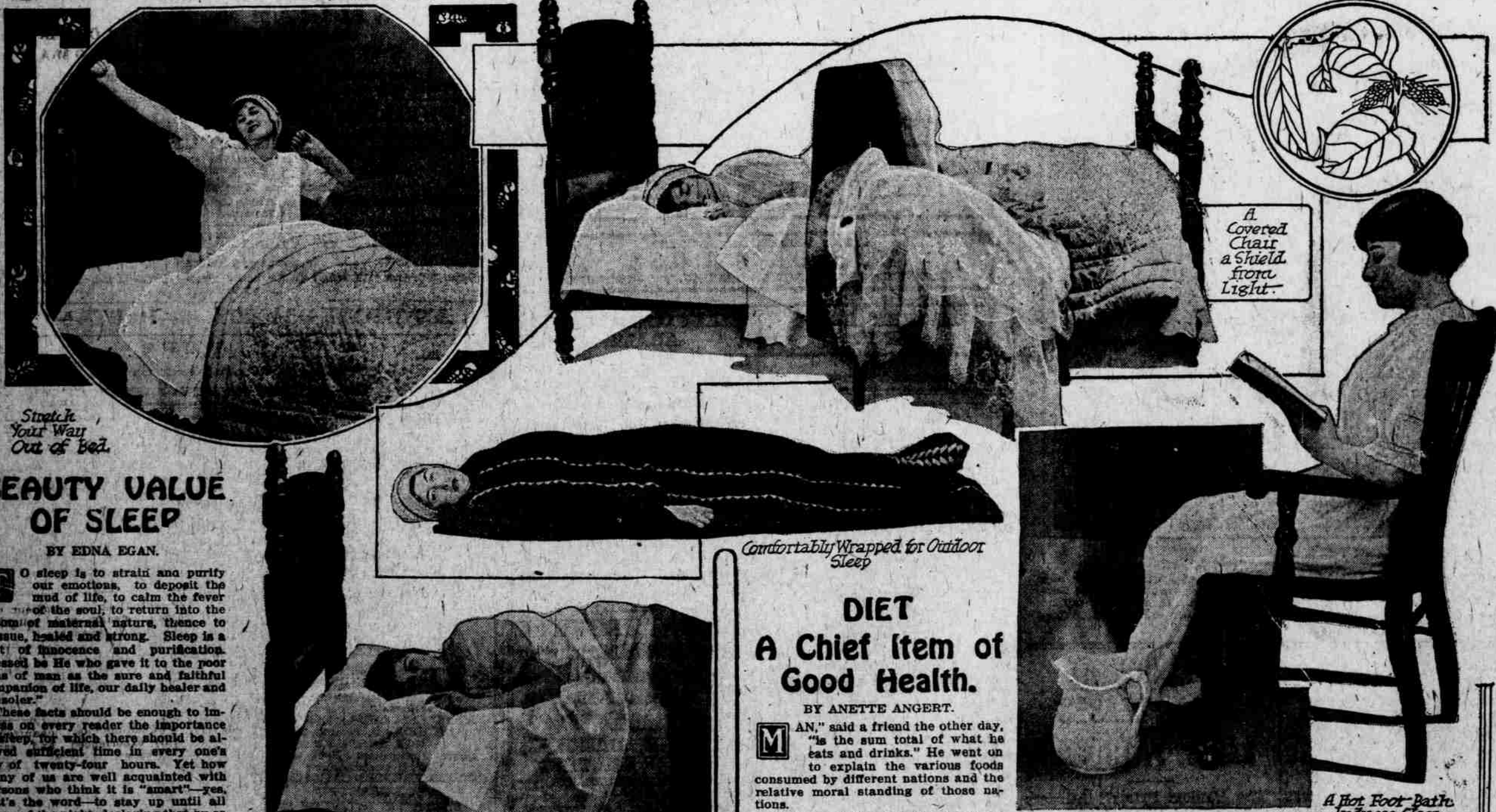
Dear Mary: My husband and I were deeply grieved to learn of your mother's death. I am sure that you will realize what such a loss will mean to you, and we want to extend our sympathy. Sincerely yours,
ADELAIDE H. BROWN.

16 Spring
Long Island, N. Y.
April 8, 1916.

Dear Margaret: I was delighted to get your letter in which you told me of the baby boy's arrival. I want to extend my best wishes for his health and prosperity. Take good care of yourself that you may get strong quickly. Yours, with love,
ADELAIDE.

Fold and inclose the letter so that the reader will get it right side up in his hand ready to read when he unfolds it. Use two or three fastenings in addressing the envelope. If punctuated, a comma comes after every line but the last, where a period is used. The postage stamp should be put in the extreme upper right-hand corner.

either. There's lot of times when a woman feels as though she'd like to be her plain, unvarnished self, man or no man; but no one's more willing to pay the price if she is in love. I don't say all men are alike. I speak of the average. Most of 'em got to keep him steady every minute. It ain't easy, der what I'm tellin' you."



Stretch Your Way Out of Bed.

BEAUTY VALUE OF SLEEP

BY EDNA EGAN.

Sleep is to strain and purify our emotions, to deposit the mud of life, to calm the fever of the soul, to return into the bosom of maternal nature, thence to release, healed and strong. Sleep is a sort of innocence and purification. Blessed be He who gave it to the poor soul of man as the sure and faithful companion of life, our daily healer and comforter.

These facts should be enough to impress on every reader the importance of sleep, for which there should be allowed sufficient time in every one's day of twenty-four hours. Yet how many of us are well acquainted with persons who think it is "smart"—yes, that's the word—to stay up until all hours of the night, declaring that by so doing they have a "swell" time. It would be interesting to follow the gradual downfall of such boasters who will not heed any one's advice that a certain amount of sound sleep is required by every one. It is seldom possible for the voluntary muscles and the voluntary nervous system to rest during the waking hours. Therefore, nature has decreed that there shall be a time set aside when the forces so active in waking hours shall be renovated.

In order that the renovation shall be possible, one must be in perfect health. When one is afflicted with bodily ills the sleep is not perfect. On the other hand, bodily ills require sufficient and very often an extra amount of sleep to repair any damage done. Thus you see that health and sleep are entirely dependent on each other.

It is only during the sleeping hours that the heart has any rest whatever. I think it has been found that it beats six to eight times a minute less frequently during sleeping hours. The lungs, too, are controlled by muscles which can receive comparative rest only during sleep. Respiration is reduced, inspirations being less in number as compared with the number when awake. The muscular action which controls the process of digestion has less to do when one is asleep. It is for this reason that one should not eat heartily before retiring.

There are some persons who have the greatest difficulty in getting to sleep. Frequently one gets into the habit and goes to bed with the idea in mind that sleep will not come for at least an hour or more. When the habit is not strong, a hot footbath will often prove effective. This brings the blood from the brain to the surface of the skin. General warm baths, cold douches to the spine, brisk exercises or light massage are other effective methods; but one should not adopt any unless that particular method is especially suited to the one troubled with insomnia. To woo sleep one should put one's self in a position of rest. Avoid irritations, noises, bad air, cold feet and overloaded bowels. All of these things cause wakefulness and prevent proper physical rest.

One should lie on the right side and should do without a pillow. By continued efforts the pillow habit can be broken, and should be broken if one has become a victim to it. The body should be thoroughly relaxed, otherwise sleep will not be restful. One woman, who was threatened with insomnia, took hold of the trouble in its early stage. First of all, she never allowed an hour or so before going to bed that would excite the nerves. Next, she placed herself in the position just described, relaxed completely and breathed in regular time. The rhythm of the motion in breathing did as much as anything else to bring sleep. If this proved helpful in one case it is sure to aid in other cases.

When possible, the bed should be placed in such a position that it does not face a window. Should it be inconvenient to avoid facing the light, a screen or shield of some sort should be devised to take of the glare. If a screen is not available one can use a chair instead. Place it beside the bed and over the back throw a garment thick enough to keep out the light.

For the person who wishes to sleep out of doors one word of advice is to be given, and that is to see that the outdoor sleeper is sufficiently warm. A very satisfactory blanket for this purpose is pictured. It is roomy enough for comfort and woolly enough for warmth.

Whether you sleep indoors or outdoors, let your sleep be sound and dreamless, so that it will have an opportunity to restore the tissues that were broken down during the waking hours.



Relax on the Right Side Without a Pillow



ODDS & ENDS

LEMONS may be purchased when cheap and kept for months. Put a layer of fine, dry sand about an inch deep in an earthenware vessel. Place a row of lemons on this, with the stalk ends downward, and be very careful that the lemons do not touch. Cover them with another layer of sand about three inches deep, and on this layer place another lot of lemons, and so on until the jar is full. Store in a cool place.

THE broken door or window screen is an eyesore all summer if it is left unattended, or the repairing is done clumsily. The neatest way to mend the screen is to cut a piece of wire netting about three inches larger than the hole. Remove the wire around the edge of the patch for half an inch or more, like drawing away the threads from a piece of linen. Bend the resulting prongs at right angles and fit the patch in place with the wire ends sticking through the screen. Press the patch flat against the larger surface, then on the other side press the ends back to their original position. This secures the patch.

DO you ever expect to wear a hat made out of paper? Probably not. And yet it is quite possible that you will do just this very thing this season, for paper hats, which are really made out of paper, just the same sort of paper you find in ordinary news sheets, treated with a different process, are now all the rage. Fiber hats are delightfully cool and comfortable worn on the golf links or tennis courts. Bedroom slippers for summer wear are also fashioned out of the fiber, and make delightfully cool covering for the feet. Some of the smart dressmakers are even making dresses out of this new material, and they say it is practical for this purpose, as the fiber washes as beautifully as linen. This material is soft and pliable and looks extremely well made up into dresses. It is the coolest sort of fabric for summer wear and for this reason the novelty should prove popular. One might suppose that, being made of paper fiber, it would be apt to tear, but the laundry test is sufficient to set at rest any fears on this score.

DELIGHTFUL way of imparting a delicate scent to the hair is to let it filter through it in the form of steam. It sounds like a dream, but it is not at all. Simply fill a small bowl with boiling water and pour some of your particular perfume upon it. The two liquids will not mingle, but if you hold your head over the bowl the steam of the water will carry the scent with it and through the hair in a most satisfactory fashion. Provided one is careful to remember the charm of a scent lies in its ever elusive character—that it should be so faint as to be perceptible

Comfortably Wrapped for Outdoor Sleep

DIET A Chief Item of Good Health.

BY ANETTE ANGERT.

AN," said a friend the other day, "is the sum total of what he eats and drinks." He went on to explain the various foods consumed by different nations and the relative moral standing of those nations.

If strong drinks, intoxicating foods, condiments and stimulants affect adversely the man who lives an active out-door life, is it not logical that the effect upon women of sedentary habit must be even worse?

If you are irritable, nervous, grouchy, quick-tempered, a sufferer from insomnia, you are not 100 per cent attractive. It is your duty to appear at your best all the time, and you cannot do it if your diet is not correct. So begin today and watch the effect of the various foods you eat and eliminate those which you find do not develop the best that is in you.

One of the first things to eliminate is a superabundance of condiments, which have an irritating effect upon the stomach, in many cases creating a desire for strong drink and plenty of it. Teachers in large institutions where young children are enrolled must maintain the use of pepper, mustard, vinegar, etc., because science has proved (and has forced the world to recognize) that one of the surest ways to establish a low moral standard is to give condiments to the growing child.

Meat should be taken but once a day, and red meat sparingly. Vegetables, fruits, grains and dairy products should form the greater part of every one's diet, for a diet composed largely of flesh (especially red meats) has a tendency to coarsen, to develop a spirit of combativeness, to dull the finer sensibilities and emotions, to kill the spirit of sympathy and mercy.

A diet composed largely of starch, sugars and acid fruits also is a foe to health and happiness. It causes fermentation and an irritation of all the mucous surfaces of the digestive tract. Millions of nerve fibres and fine veins and capillaries lead from these diseased and irritated linings to every part of the body. The result is that irritability, nervousness, insomnia and various other ailments leading to unattractiveness are developed. The finest disposition in the world, the clearest brain, can be irretrievably spoiled by such a diet.

Famous dietitians and doctors who have given careful study to foods and their effects upon the morals and disposition of human beings and animals, claim that they can determine the character of food eaten by the physiognomy. This being true, it behooves us, in the interest of our right to beauty, to confine our diet to such foods as are the allies of beauty, and not its demonstrated enemies.

YOUR TEETH

SINCE the condition of the health depends so largely upon the condition of the teeth, the rule of constant care should be rigidly enforced, and the time to begin this enforcement is when children are young, so the habit will become instinctive.

Dentists tell us that it takes time to clean the teeth properly, that the vertical movement should be used instead of the usual horizontal one; that after the powder or paste application there should be a final brushing with clear water, so that every bit of foreign substance may be removed.

Nearly all powders contain borax, an element which is very cleansing but bad for the enamel. Charcoal, too, though cleansing and possessing antiseptic qualities, is bad for the enamel, for it cannot be pulverized fine enough to rid it of the needle-like particles of the fibres.

Salt is good, though if used too strong by people with sensitive gums is liable to smart painfully. A dentist of my acquaintance recommends common baking soda as the best dentifrice known to science.

LOVE IN SMALL PACKAGES

BY MRS. McCUNE.

EMILY pursed her lips and resolved to break up the situation by an indifferent avowal that, being single, she knew little of the quirks and twists of married life. Her own prediction of telling the truth and being shown the door rose before her. Then her natural sympathy for those in distress came to the surface with a rush, and taking the bit between her teeth, she said bluntly, "Why don't you try telling that man of yours alone for awhile?"

"Letting him alone?" faltered the tearful woman. "I—I don't know what you mean."

"Course you don't," responded the seamstress. "That's where your trouble comes in. You love him so much



quiescent grunt or a wholly indifferent answer. True, she saw little of the master of the house except at mealtime, but even then she had great opportunity for observation, and her quick mind instantly grasped a situation that neither actor in the drama had completely sensed.

"She's just babyin' that man of hers to death," Miss Emily confided to her neighbor during one of their evening talks; "and the worst of it is, she can't see it. The more he shies the harder she hangs to him. He's real good looking, and he knows it, and she's coddled him till he has an awful swelled head."

Now he's beginnin' to get tired of her worship, and the first thing you know he'll be out scoutin' around to find out what some chicken thinks of him. The only way to keep a man like him is to keep him guessin'. I'd tell her so if I dared, but I guess she wouldn't thank me for it. Tell a person the plain truth, and they'll show you the door, nine times out of ten. And the worst of it is, she's a woman on the next floor had replied with her usual emphatic response, "Ain't it the truth?"

Miss Emily could never quite remember how the momentous conversation began. She and the wife who loved too extravagantly simply drifted into an impersonal talk about love and marriage that finally ran into personalities, and suddenly the dressmaker found herself facing a tragic-eyed woman who struggled to keep him steady every minute. It ain't easy,

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